

CROCKPOT/STOVETOP

INDIAN BUTTER CHICKEN

susan| simplehealthykitchen.com

**Updated Spicier Version:

Ingredients:

2 1/2- 3 lbs. boneless skinless chicken, cut into 2" pieces (breasts or thighs) (I prefer thighs for this dish but either will work)

1 onion diced

3 cloves garlic, chopped

2 tsp curry powder

2 Tbsp garam masala (found in most grocery store's spice section)

1 tsp cayenne powder

1 tsp ground cumin

1 tsp fenugreek (found in Indian specialty grocery or online) (optional)

1/2 tsp ground ginger (or 1"inch knob fresh ginger, minced)

1 (14 oz.) can light coconut milk

1 (6 oz.) can tomato paste

1 Tbsp red curry paste (found in the Asian section of grocery store- I used Thai Kitchen brand)

3-4 drops liquid smoke (found in most grocery stores- highly recommend! it gives the chicken that smokey Tandori type flavor)

salt, to taste

1/2 cup low-fat plain yogurt (optional)

1 head cauliflower, cut into florets- for cauliflower "rice" (optional) you could also serve over jasmine white or brown rice.

cilantro, chopped (for garnish) (optional)

lime (optional)

Directions:

For the Butter Chicken

Place chicken pieces and onion in a 5 qt (or larger) slow-cooker. Sprinkle , garlic, curry,garam masala, cayenne pepper, cumin, fenugreek and ginger over chicken pieces. Add coconut milk, tomato paste, red curry paste and liquid smoke (be careful not to use too much 3-4 drops is all you need). Stir to combine. Cover and cook on high for 3 hrs. or low for 5 hours.

For the Cauliflower Rice

In a blender (or food processor) add approx. 1 cup of the cauliflower florets and process for approx 15 sec. until the cauliflower is the consistence of rice. Transfer to a large bowl and repeat until the remaining cauliflower is processed.(It's important to work in small batches when making the cauliflower rice to get even "rice" size pieces).

Coat a large skillet with olive oil (or water) over medium-high heat, add cauliflower rice and cook until tender (approx. 5 min.)

To Serve

Spoon Butter Chicken over Cauliflower Rice and top with a dollop of yogurt , a squeeze of lime and a sprinkle of cilantro. If you prefer you can serve butter chicken over jasmine white or brown rice.

For Stovetop version

In a large pan over medium heat,add a splash of olive oil (or water) sautee onions until translucent (about 5 min.) add dry spices and cook about 1 minute until fragrant.

Stir in coconut milk ,tomato paste, red curry paste and liquid smoke. Bring to a boil, reduce heat and let simmer for 5 min. Add chicken pieces and mix (cover) with sauce. Bring to a boil, reduce heat to medium and continue cooking (covering pan) until chicken is done (approx. 10 min) .